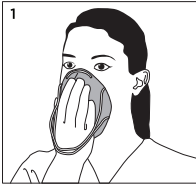


## N95 Respirator Mask Instruction for Use ICU Health Model # Plasma-N95-01

### FITTING INSTRUCTIONS

PRIOR TO USE: Check condition of respirator. If visibly damaged, discard respirator.



1. Using both hands, open respirator by bending the nose piece outwards on both sides. Be careful not to over-expand.  
Hold the respirator with both straps with one hand, like a basket, with the nose piece away from you.



2. Place chin in respirator and pull both straps over your head. Position the top strap high at the top back of your head.



3. Position the bottom strap around your neck, under your ears. Straighten the straps so that they lie flat.



4. To reduce air leaks around your nose, mold the nose piece to shape of the face:
  - 1) Place the fingertips of both hands on either side of the nose and press down.
  - 2) While repeatedly pressing inwards, work the fingertips of both hands from the top of the nose piece down both sides. Always use both hands. Repeat until seal is achieved.

### PERFORM A USER SEAL CHECK:

- 1) Before inhaling & exhaling, cover the entire respirator with both hands.
- 2) Inhale sharply. The respirator should contract.
- 3) Exhale sharply. If air leaks at the respirator edges, adjust nose piece and/or straps.